



Co-funded by the  
Erasmus+ Programme  
of the European Union



# Youth-4-youth

## Youth Leaders for Youth Initiatives

### Youth Exchange

Gudevitsa, Smolyan Bulgaria

08<sup>th</sup> – 16<sup>th</sup> July 2021 (incl. travel days)



# OFFICIAL GUIDE

Youth Exchange  
Youth Leaders for  
Youth Initiatives  
Gudevitsa, Smolyan, Bulgaria  
9-15 July 2021

SUMMARY OF THE PROJECT  
IMPORTANT DATES AND RULES  
PROCESS OF THE WORK  
PROGRAM AND METHODOLOGY  
SELECTION OF PARTICIPANTS  
PROJECT PARTNERS  
TRAVEL INFORMATION  
ACCOMMODATION AND FOOD  
VENUE  
USEFUL INFORMATION



## Hello dear friends,

In the following pages, we have summarized the information you need about our youth exchange “Youth 4 Youth”.

We are very glad that you have decided to participate in our project and therefore we will strive to offer a warm welcoming to you in the training course for youth leaders and youth that will be held in July, 2021 in Gudevica, Smolyan, Bulgaria.

If you have further questions,  
do not hesitate to contact us at:  
[teodor@gudevica.org](mailto:teodor@gudevica.org)



Co-funded by the  
Erasmus+ Programme  
of the European Union

# Summary of the project

"Youth 4 Youth" project will influence the link between youth leaders, youth initiatives and non-formal education by giving young people wishing to develop in the field of volunteering, youth initiatives, education and social work the opportunity to learn about the principles, mechanisms and capabilities of youth work. We believe that this will contribute to the development of youth leadership.

## Main goal of the project

The aim of the project is to provide young people with a **broad view of the field of youth inclusion** and to create a **positive attitude** towards the **application** of the principles of **non-formal learning** to the development of **key competences** and the **personal development of youth**.

More but not all of the topics are:

**Development** in the field of **youth work**.  
**Professional** and **personal development** of **youth**. Development of **soft skills**.

**Non-formal learning methods**.

Knowledge about the methods and **practices** of youth work. Formal and non-formal learning of young people use of **practical tools of informal learning!**



Co-funded by the  
Erasmus+ Programme  
of the European Union

## Specific goals:

The project will positively affect several levels:

- on a **personal level**, each of the participants will develop their **personal skills, qualities and talents**.

- at the **grassroots level**, young people will **plan and implement initiatives** together, which will enable the creation of **sustainable teams** of youth leaders.

- at the **regional level**, each of the sending organizations will have **trained youth leaders** whose knowledge and skills they **can use in their work** and events, while offering the necessary mentoring and support to the participants.

- At **international level** - an **international network of youth leaders** will be established, which will receive and provide **quality feedback** and support in the \ implementation of **youth initiatives**.



## Working process

### 1. Preparation (distance learning)

**On-line tools** are used during preparation. Provides basic **information** to learners, creates contact between participants and trainers, and initiates the **individual preparation** process.

### 2. Exchange (7-day training + 2 days travel between 8 and 16 of July 2021 in Bulgaria)

This is the time to deliver and develop a specific set of **practical skills** related to **youth leadership and non-formal learning** for young people. During the Exchange games and educational experiences will be designed for the follow-up initiatives.

### 3. Follow-up (application of the results in July 2021)

After the training, **practical tasks** are carried out in real situations at the workplace and / or in the community of young people. A database of all the games and educational tools created during the training will be created and participants will have the task to implement and evaluate these methods in real life in their country



# Important dates

**10<sup>th</sup> May 2021** / Deadline for submitting of application forms.

**15<sup>th</sup> May 2021** / Selection of participants.

**20<sup>th</sup> May 2021** / Deadline of buying tickets and sending copies of them.

**01<sup>th</sup> April – 31<sup>th</sup> May** / On-line materials.

**9-th of July** / Arrival day in the most suitable airport. Transport will be provided from airport directly to the training center.

**30<sup>th</sup> July 2019** / Deadline to send copies of the tickets in original by post.

**July 2021** / Follow up activities.



# The methodology

All of the activities and methods will contribute to the process of **non-formal learning**.

The methods in the program follow the model

**"Learning by doing"** -

debates, simulations, energizers, ice-breakers, communication games, activities for exploring and sharing, group discussions, coaching sessions, creativity, reflection and self-reflection, open space and others.

We will **play all kinds of games** and **create new methods** related to the topics of the project.





# The program

The program is designed with a logical flow that starts with introduction to concepts and progressively gets into the topic, to end up working on the of practical creation by participants. This way, the exchange will close with a new products containing all the information gathered from the youth.

We will send the full program to all applicants!

The Youth Exchange will be fully implemented in **English!**



Co-funded by the  
Erasmus+ Programme  
of the European Union

# Selection of pax.

The Youth Exchange is aimed for

**youth leaders** who **actively**

**communicate** with youth on intercultural dialogue

realization and career guidance,  
*teamwork*, **communication**,  
interaction, emotional intelligence,

**creativity**,

entrepreneurship,

*finance*,

***self-awareness***

N of participants: **30**

Participants per organization: **5** (1 of them has to be a **group leader**)

**IMPORTANT:** We need more selected participants in order to keep the group of 5, if we don't have **5 participants** the group is not going to be accepted by NA in Bulgaria.

# Travel information

We will provide the bus from the airport of arrival (Istanbul, Sofia, Thessaloniki) to Gudevica on the day of arrival. Please make sure that you will book as early arrival as possible. We are ready to provide transportation from home town for Turkish and NMacedonian participants.

We will also provide a bus back to same destinations on the last day. Please note that you will arrive in Sofia not earlier than 18:00 p.m.

If you plan to arrive earlier or leave later and you need to find an accommodation, let us know, so that we can support you. **Your expenses out of the days of the training will not be reimbursed by the organizers.**

**The travel expenses (from your home town till the venue of the course – Gudevica, Smolyan) are reimbursed on presentation of the relevant receipts up to the maximum limit.** In the frames of the Training Course the reimbursement will be done only for travel expenses incurred according to the rules given below:

Travel expenses will be reimbursed **only** upon presentation of documentary evidence of the sum actually paid: original invoice or/and a copy of credit card slip. The documents must have the date, price, name of the traveler, destinations of the travel and the bill has to be completely clear.



# Travel info 2

**Electronic tickets** will only be reimbursed on receipt proof of payment (invoice, paper of booking/purchase printed from internet, copy of credit card-slip showing the transfer of the money for the ticket, payment confirmation from internet) and on presentation of the boarding pass for the outward journey.

Note, that **the booking paper alone is not enough to prove your travel expenses**. You should present as well the **boarding passes**, a bill, a slip of payment and print-out from your bank account to confirm the sum paid for your ticket.

**All travel documents must be kept** during the trip: boarding passes, bills, slips, tickets etc., because we absolutely need them!

**Taxi fares cannot be reimbursed.**

**Personal health.** It is very important that you notify us of any health risk or possibly necessary medicines (if you did not note it yet in your application form, please let the team know about it as soon as possible via email). The information you provided on any special needs does not remove your own personal responsibility for ensuring your own health.



# “BE SAVE” Program

**For the sake of our common safety, please ensure that participants comply with the following guidelines at all times:**

Our team is working round the clock to **ensure your safety** and provide you with peace and comfort during your stay with us, in these difficult times. We have implemented and **constantly update** additional guidelines and procedures in cleaning, sanitation and social distancing, **for the benefit of all participants** and staff. All the participants will be **updated regularly** about the guidelines in real time.

We will ask for **the compliance with the safety** measures taken and we apologize in advance if implementation of these rules may cause delays or disruptions to our program.

We recommend a COVID-19 test before participants start your travel. We will have a constant observation on the condition of every participant during the Exchange. We are following risk assessment plan and our “Be Save” program is created from ACIBADEM CITY CLINIC TOKUDA HOSPITAL in Bulgaria.



# Reimbursement and insurance

**Board and lodging will be provided and paid by the organizers of the Youth Exchange.**

There will be **travel reimbursement** according to the Erasmus + regulations. Please pay attention to the figures and conditions. We are strongly recommending you **to have insurance** while you are in Bulgaria.

Each participant will be in charge **of purchasing one**, because no private insurance will be reimbursed. We recommend issuing EU medical card for participants coming from Romania, Italy and Cyprus.

Organizers **will reimburse 100%** of **eligible travel costs** up to the limit. Travel cost will be reimbursed after participants provide their original tickets and fill their personal report for the follow up activities of the Exchange.



# Travel info 3

Reimbursement will be done by bank transfer in Euro to the sending organization's bank account. If you bought your ticket in your local currency which might be different than EUR, we will calculate your travel costs according to the exchange rates from official **European Commission web-site:**

[www.ec.europa.eu/budget/inforeuro/index.cfm?Language=en](http://www.ec.europa.eu/budget/inforeuro/index.cfm?Language=en) Note that, only participants attending the entire youth exchange can be reimbursed.

Very important: your tickets are an **essential part** of accounting of the project that we must keep and present to the Erasmus+ National Agency, the main funders of the training. Therefore, if you cannot provide your original tickets, receipts, insurance and invoices clearly stating the travel agency, your name and the exact costs of the tickets, we will not be able to reimburse you.

**Please DO NOT BUY**  
any tickets  
before approval of the  
organizers!



## Venue / Accomodation / Food

The training course will take place in "School in Nature" in Gudevica village. It is an education and training center in the **Rhodopi mountain in Bulgaria** just 2 km away from the Greek border. In May and June it will be warm during the day and chilly in the night, so bring on your **warm clothes**.

Participants will be accommodated in **common rooms** as the center is designed to work as a community center following all the **safety rules**.

Meals are **vegetarian** and a **qualified cook** prepares 3 main meals a day along with two coffee breaks using mainly **local organic food**.





# What they need to bring?

- Clothes and shoes suitable for **sports** and walking/hiking.
- Flashlight or headlight;
- Jacket, hat, gloves, scarf – it is the mountain!
- Needed medicine;
- Own toiletries (**organic based!!!** and **nature friendly**);
- Your **original tickets** for the entire trip, the **invoice** of the travel agency (the price clearly indicated on the ticket), **the boarding passes**.
- **Travel insurance** contract and a legible copy of it.
- ID/passport.
- Own **medication**.
- Something typical **about your country** such as food, drinks, music, traditional objects, promotional materials and whatever else you want to present.
- **Materials** about **your organization**.
- **Willingness** to reflect on your own skills, knowledge and attitudes.
- **Motivation**, inspiration and energy for an intense and hard working week.  
(; Their spirit to share your **experience**, questions and doubts.

**Concerning special needs (diets, medicine) they need to tell us beforehand if they need any assistance from us in this matter.**



# Useful information

Located in South Eastern Europe, **Bulgaria** is bordered by Greece and Turkey to the South, Romania to the North and NMacedonia and Serbia to the West. Its Eastern Border is formed by the beautiful Black Sea Coast. A country of outstanding natural beauty the environment remains wild and is incredibly varied.

A relatively small country, a few hours drive will take you from the snow covered central Pirin mountain Ranges to the long sandy beaches of the Black Sea coast.

Forming the heart of several of ancient histories greatest civilizations Bulgaria's rich culture is reflected in a vast number of architectural treasures.

Throughout the country you will find ancient Greek sites, Roman amphitheaters and Byzantine churches. The country is home to 160 monasteries, 36 cultural centres and 40,000 listed archaeological monuments.

Nine sites have achieved a coveted place on the UNESCO world Heritage list.



# | Short visit card

CAPITAL CITY IS **SOFIA**

OFFICIAL LANGUAGE IS **BULGARIAN**

THE **CURRENCY** IN REPUBLIC OF BULGARIA IS  
"LEV". THE COURSE OF EXCHANGE IS FIXED AND  
1 EUR = 1.95583 BGN.

THE AVERAGE **TEMPERATURE** FOR APRIL IN THE  
MOUNTAIN ON 1300-1500m. ALTITUDE IS  
0-15 DEGREES CENTIGRADE.

**EMERGENCY NUMBER – 112**

You can search flights on/

<https://www.skyscanner.net/>

<https://scottscheapflights.com/>

<https://www.hopper.com/>

[https://play.google.com/store/apps/details?id=com.cf.flightsearch&hl=en\\_US](https://play.google.com/store/apps/details?id=com.cf.flightsearch&hl=en_US)

<https://www.kayak.com/>

Contact the hosting team:

[teodor@gudevica.org](mailto:teodor@gudevica.org)

+359887558476

